

HIGH ROLLER NEWS



Vol. 121

January 2026

January Drill Outlook

High Roller Café Menu

Saturday Lunch 1100-1230

- Chicken Cordon Bleu
- Salisbury Steak
- Roasted Potatoes
- Steamed Rice
- Peas & Carrots
- Sauteed Spinach

Short Order

- Cheeseburger
- Hamburger
- Chicken Wrap

ADDITIONAL ITEMS

- Salad Bar
- Chili
- Assorted Desserts

Sunday Breakfast 0730-0900

- Loaded Scrambled Eggs
- Scrambled Eggs
- Bacon
- Sausage Links
- Hashbrown Patties
- Pancakes
- Oatmeal

ADDITIONAL ITEMS

- Bagels
- Fruit

GREEN, YELLOW, & RED FOOD CODES			
GREEN	YELLOW	RED	
PROCESSED	HEALTHY	UNHEALTHY	UNHEALTHY
NUTRIENTS	FIBER	SUGAR	FAT
WHOLE FOODS, MINIMAL PROCESSING	HEALTHY OILS, LOW SODIUM	LOW IN SUGAR	HEALTHY OILS
NO TRANS FAT, NO SODIUM	HEALTHY OILS, LOW SODIUM	NO SUGAR	HEALTHY OILS
NO TRANS FAT, NO SODIUM	HEALTHY OILS, LOW SODIUM	NO SUGAR	HEALTHY OILS

GO FOR GREEN
Eating well to perform

GREEN MAKES YOU LEAD

WHAT IS GO FOR GREEN?

Go For Green (GFG) makes it easy to find high-protein, low-fat, low-sodium, and healthy fats. Look for the Go For Green logo on menu items to help you make your choices that are good for you and your team's performance.

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

LUNCH MEAL RATE \$7.25, BREAKFAST MEAL RATE \$4.50, HOLIDAY MEAL \$11.85

MENU SUBJECT TO CHANGE

Weather

Sat	Sun
21°	24°
39°	41°

Upcoming Events

- Jan 31 - Feb 1 February UTA
- Feb 28- Mar 1 March UTA
- Apr 11-12 April UTA
- May 2-3 May UTA
- June 4-7 Super Drill





Holiday with a Hero

More than 50 Nevada National Guard airmen and soldiers attended today's Holiday with a Hero event in Carson City. They joined students from the Carson City School District for a day of shopping and celebration. This community event brings first responders and heroes together with child shoppers, creating special moments for everyone involved.

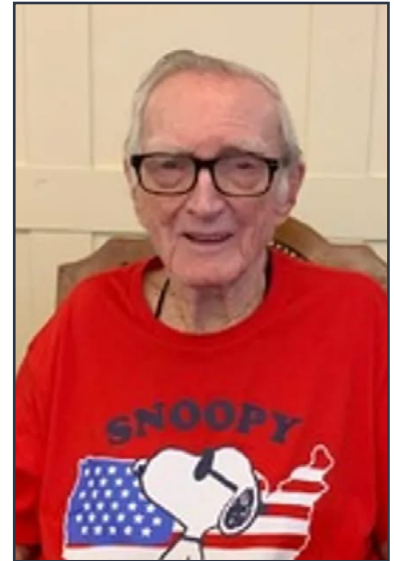


152nd Airlift Wing Supports Operation Sand Claus

The 152nd Airlift Wing had the honor of transporting a special VIP guest—Santa Claus—during a holiday mission supporting Operation Santa Claus.

Arriving aboard a C-130 aircraft, Santa touched down to help bring holiday cheer to local children in need. Airmen from the 152nd Airlift Wing proudly supported the event, helping deliver smiles, joy and a bit of Christmas magic to the community.

The wing extends its sincere thanks to all personnel and partners who contributed to the success of this mission and helped make the day memorable for those served.



Lieutenant Colonel Robert “Red” Lee Chambers

FAMILY SUBMITTED OBITUARY FOR LONGTIME NEVADA AIR GUARDSMAN RED CHAMBERS

Robert (Red) Lee Chambers 96, passed away peacefully on October 15, 2025 at Cascades of the Sierra, where he lived the last year and a half of his life. The staff at Cascades took such good care of him. He always said, “I don’t have one thing to complain about.” While living there he managed to go through many puzzles and became one of the “favorites” at Bingo.

Bob was born in Lincoln, Nebraska on October 7, 1929. His family eventually ended up in Las Vegas, where he graduated High School.

He joined the NV Air National Guard in 1948, and after 40 years, retired in 1988 as a lieutenant colonel. During his years in the Air Guard, he met Jeanette Lucille Lathrop while attending UNR and they were married on July 5, 1958. Bob was very proud to be a member of the NV Air National Guard, never missing a day of work throughout his career, which took him to Korea, Japan, Panama and many other places throughout the United States.

Bob, along with the love of his life, Jeanette, raised their family for 60 years on Trabert Way in Sparks. This is where lifelong friends, who were like family, were made. Especially one of his very best friends, Janice, who came to see him every week until his last days. Trabert Way was where kids were raised, best friends grew up together, door bells were “ditched,” late night bridge games for the adults were played while kids got into mischief and New Years Eve celebrations ended up with pots and pans ringing in the New Year up and down the street. This was also a neighborhood where each and every family were there for each other through difficult and challenging times.

You rarely ever saw Bob in a bad mood. His positive outlook on life was admired by everyone who knew him. Even when his health had challenges, he still had a good attitude and knew he would get through anything. His last year of his life he kept saying he wanted to make it to his 96th Birthday and if he did, he would be the oldest living relative in his family. Well he made it to 96 and passed away eight days later.

Bob was predeceased by his wife of 57 years, Jeanette, Son Byron, both of his Parents and a sister Verna Gail Leblanc.

He is survived by his daughter, Julie Moreno, her two Children, Alexander (Georgia) and Emily (Wyatt), great grandchildren Josey and her little brother on the way and many nieces and nephews who loved their Uncle Bob.

Many thanks to Gentiva Hospice Care and to all of the staff at Cascades, who took such wonderful care of him. A celebration of life will be held after the first of the New Year. In Honor of Bob, you can make a donation to any of your favorite Charities.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING

WHO: NV Air National Guard Members, Personnel, and Families

What: Participants can attend a two-day ASIST.

When: 17-18 September, 0730-1600 each day

Where: Reno Air Guard Base, CE Classroom

Why: ASIST will arm you with skills to recognize invitations for help, offer support, review the risk of suicide, apply a suicide intervention model, and link persons with thoughts of suicide to community resources

How: Submit the required information below. Any questions, email Military & Family Programs Manager, Alyson Phillips at alyson.phillips1@us.af.mil



Join the NVANG Color Guard Team



Color Guard Presentation performed at the Greater Nevada Field for the Reno Aces.

Presenting Colors for on-base events such as promotions, retirements, change of command, award ceremonies and etc.

Presenting Colors for our local community events such as sports events, governor's balls, veteran's appreciation, conventions, and many more!

Requirements to join the Color Guard:

- Highly Motivated
- Availability and Commitment
- Exceeded standards set in AFI 36-2903 (Dress and Appearance)
- Your Supervisor's and Commander's approval.

For more information please feel free to contact SSgt William Mendez (william.mendez.4@us.af.mil) at 775-788-9320 or CMSgt David Hill (david.hill.14@us.af.mil) at 775-788-4575.

It Pays to Visit a Personal Financial Counselor

financial education ... financial readiness ... peace of mind

Personal Financial Counselors (PFCs) are financial resources provided by the Department of Defense. Take advantage of their free, trusted support services to improve your financial literacy. PFCs can help you make the most of your money today as you develop your financial plan for tomorrow.

Counseling and support services:

- Financial education
- Creating a spending plan
- Retirement and estate planning
- Military benefits and education
- Savings/planning for major purchases
- Paying off student loans/paying for college
- Building an emergency fund

PFCs are:

- Credentialed professionals who understand military culture
- Available in person, to include evenings and weekends
- Flexible, offering individual appointments, classes and briefings
- Available to service members and their spouses



Stay mission ready. Reach out to a PFC today. Visit <https://fired.usalearning.gov/pfcMap> or scan to find the PFC closest to you.

Training and workshops:

- Common Military Training (CMT), including:
 - Initial entry and first duty station
 - PCS and promotion
 - Major life events
 - Pre- and post-deployment
 - Visiting in TSP and Continuation Pay
 - Transition
- Credit management
- Saving and investing
- Tax preparation for service members
- Home and car buying
- Raising financially fit kids

Local Contact Information

David Smith, CFP®
Personal Financial Counselor
Nevada Army National Guard
Reno, NV

Phone: 775-447-8239
Email: ptc.reno@nagatinfederal.com



Follow @DoDFINRED on social media to ensure you never miss a moment!



High Roller Legal Office

Monday - Friday | 0800 - 1500

Find us in Building 56, Room 8

Capt. Smith | A1C Vaynon | SSG Lopez | Lt. Col. Durkin

We Look Forward to Assisting You

Our services include:

- Powers of Attorney
- Wills
- Tenant Conflict Resolution
- Basic Court Guidance
- Area Defense Counsel Information 152AW_JA.OFFICE@US.AF.MIL

(775) 788-4516

152d Continuous Improvement and Innovation - CI²

Mission: People, Purpose, and Process equals Performance

Vision: To educate, advise, mentor, and empower subject matter experts in their fields to own and improve processes, enhancing our wing's lethality, agility, and readiness

Have an idea or need information? Contact your **Wing Process Manager** Lt Col Maaten Bethal
Email: maaten.bethal1@us.af.mil

Teams: 152 CI² - Continuous Improvement and Innovation
OP Portal: Continuous Improvement & Innovation Portal (CI²) - Home | (664.mil)

NEW YEAR!! NEW YOU!!

LUNCH AND LEARN

-January, every Tuesday at noon-

- Jan. 6th : Financial Readiness in Times of Uncertainty with David, PFC
- Jan. 13th : Updating your resume and looking for new opportunities with Jay, Work for Warriors
- Jan. 20th : Resources throughout your communities with IPPW and Alyson, M&FP Manager
- Jan. 27th : Mental Resilience During Trying Times

Act Quantities: Lt LT Karina Flood (775) 788-3430 karina.flood@af.mil

Ms. Alyson Phillips (775) 788-4516 alys.phillips1@us.af.mil

BREAKING NEWS

• LIVE

Key Spouse Program Rebranded

The Department of the Air Force recently announced the Key Spouse Program is changing to the Commander's Key Support Program.

The updated program expands opportunities for Airmen, federal employees and family members to contribute to their units, allowing anyone interested, irrespective of marital status, to hold roles as long as volunteer duties do not conflict with primary responsibilities. Volunteers will now be identified as Key Support Liaisons.

In addition to a new name, the program incorporates new readiness, resource and connectedness objectives designed to help commanders meet the needs of the modern family.

For more information contact:
Angie Solberg
Key Support Mentor
(775) 781-0027
152kssp@gmail.com

MILITARY HEALTH SYSTEM MHS GENESIS

The Military Health System's new Electronic Health Record

MHS GENESIS PATIENT PORTAL

The MHS GENESIS Patient Portal is a secure website for 24/7 access to yours or your dependents health information, exchange messages with your care team, and sending in outside reports. The new patient portal is replacing the TRICARE Online Secure Patient Portal. You will be required to have a DS Logon or CAC.

To access the MHS GENESIS Patient Portal:

- Google "MHS GENESIS Patient Portal" or scan the QR Code below if you wish to access from your phone.
 - If accessing from your phone, you will need the Microsoft Authenticator app
 - After scanning the QR Code, be sure to open it up in a browser so you can navigate to the Authenticator application.
- Log on with DS Logon or CAC.
 - If you do not have a DS Logon, click "Create New Account" and it will prompt you to create one.

Send a Message to the 152d Medical Group!

You can now send your outside health records via the Messaging function in MHS GENESIS!

- In your MHS GENESIS Patient portal, click "Messaging" at the top of the screen, then click "Send a message."
- Fill in the required fields. (In the "To" box, type in 152 and click "Air Natl Guard 152 MDG Readiness")
- Attach files you want to be input into your medical record.
- You may also use this function to request appointments.



Nevada National Guard Presents

Yoga for Mental Wellness

Mindful Resilience Yoga with Nikky Bandel, RYT-200, Mindful Resilience and Trauma Sensitive Yoga instructor

Scan to view upcoming dates and for registration. New dates added monthly.

RYT 200 YOGA

YOGA PROMOTES MENTAL WELLBEING BY REDUCING STRESS, ENHANCING MOOD, AND INCREASING SELF-AWARENESS THROUGH MINDFULNESS PRACTICES. IT IMPROVES CONCENTRATION, EMOTIONAL BALANCE, AND RELAXATION, LEADING TO BETTER SLEEP AND INCREASED RESILIENCE IN FACING LIFE'S CHALLENGES.

Why Join NVEANGUS?

Fighting for Premium Free
Healthcare for DSG, MDAY
Members

Scholarships &
Emergency Grants

E4 and below 1 year FREE
membership
Coupon code E4BELOW

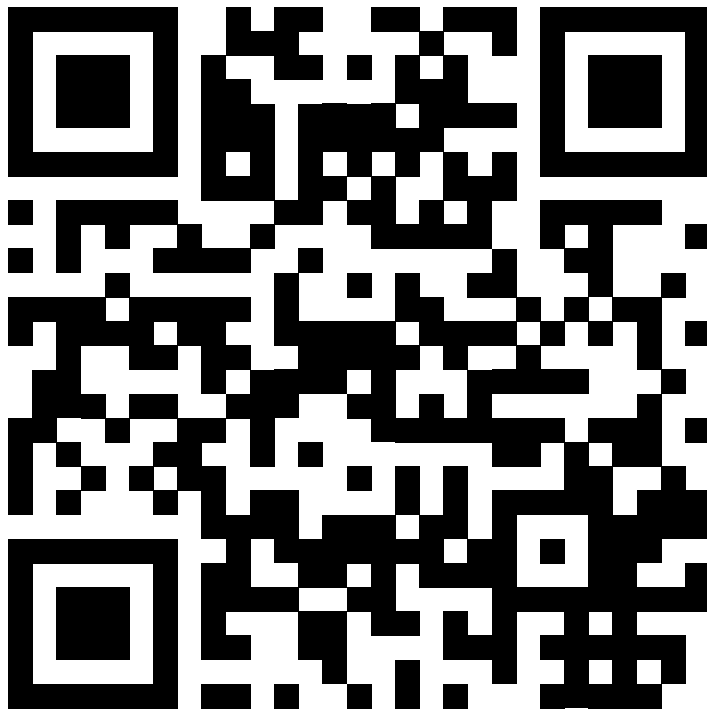


NVEANGUS

WWW.NEVADAEANGUS.ORG

**HAVE YOU EVER CHECKED OUT THE
WING'S PUBLIC WEBSITE?**

HERE IS THE LINK:



ENJOY!